



Progress Over Perfection Scavenger Hunt



Get acquainted with the Wellness Incentive Program and be entered to win a pair of **Bluetooth headphones!**
Submission deadline: **February 28, 2022**

INSTRUCTIONS:

1. Follow the clues to explore key pieces of the 2022 Wellness Incentive Program.
2. Each clue will lead you to ONE WORD!
3. The words create a sentence... this is your final task.
4. Take a picture of your final task
5. Email a photo of your final task to drh.livewellvermont@vermont.gov by 2/28/22 to be entered in a drawing a pair of Bose or Beats headphones!

CLUE # 1

- Start on the [DHR LiveWell webpage](#):
- Click on the Incentive Program tab
- Open the FAQ
- Find question #8, letter C, word 1

CLUE #2

- Go to the wellness portal: www.bewellvermont.org. Log into your account, or create your account!
- From the dashboard, click on “Incentives” at the top
- Click “View Activities” in the Q1 box
- Scroll down to the Environmental/ Social category
- Open the second option, “BCBSVT Snow Days” by clicking the down arrow to the left
- Under description, find sentence 2, word 10

CLUE #3

- Go back to the LiveWell webpage
- Click on State/Partner Wellness Resources
- Scroll down to InvestEAP
- Sentence 1, word 7

CLUE #4

- From the LiveWell webpage
- Click on LiveWell Vermont Programming tab
- Scroll down to the bottom and find the cookbook from Summer 2021 “Better Together”
- Click to open the PDF recipe book
- Find the Recipe for Melon Medley (hint: try using ctrl +F)
- Under Instructions, Step 3, word 1





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CLUE #5

- Visit our blog at LiveWell Vermont (vtwellness.blogspot.com)
- Scroll back to the post from Tuesday, Oct 26th
- Find paragraph 2, word 1

CLUE # 6

- Find the LiveWell Vermont Facebook page
- Like the page!
- Under our "About" section, find our Vision.
- Find sentence 1, word 1

CLUE #7

- From the wellness incentive portal, click on the Events tab from the top menu bar, OR visit our Events page from the Wellness Website (2nd row, middle box).
- In the description of the Events Calendar, find the last sentence, first word.

CLUE #8

- Find the LiveWell Instagram Page (@vtlivewell)
- Give us a follow!
- Scroll back to the post from November 3rd.
- Find step 3, word 16

CLUE #9

- Log back in to your portal
- Click on "Your Health" at the top
- A menu will open on the left
- Item 3, word 1.
- (Now is a great time to complete your Wellness Assessment!)

CLUE #10

- Go back to the Wellness webpage
- Click on Livewell Vermont Programming and Resources
- Open the What is Wellness Coaching? handout
- Top left box, line 5, and use words 1, 2, and 3

PIECE YOUR CLUES TOGETHER TO GIVE YOU A FINAL TASK. TAKE A PICTURE OF YOUR FINISHED PRODUCT AND SEND IT TO: DHR.LIVEWELLVERMONT@VERMONT.GOV BY 2/28/22

